Level I

“My nation will come with bright streaks of light from the traces of ablution”

(Bukhari and Muslim)

Purification

Tahaara

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Lesson 1

- Lesson Notes
- Written Exercises
- New Words and Expressions

The Importance of Purification

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ The importance of purification.
- ✓ What the impurities are.
- ✓ The different types of purification.
- ✓ The etiquette of using the bathroom (toilet).

Lesson layout:

Prerequisites:

- Overview Course (recommended)

Associated Courses:

- Tahaara Level II
- Salah Levels I, II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

The Importance of Purification:

I am sure many of you know the saying: “Cleanliness is next to Godliness”. Well the Muslim Ummah has been favored by a code of hygiene that no other religion enjoins on its followers as Islam enjoins on its adherents. Cleanliness in all aspects of our lives, physical and spiritual is a requirement for our body, clothes, environment and also our actions and thoughts. For the purpose of being clean for prayer, certain actions and rules are mandatory.

The Arabic word for Purification is “Tahaara”. It literally means “purity”, but Islamically it refers to state of cleanliness, which a Muslim must be in to perform certain acts of worship. Although the various acts of purification may make one physically clean, the real purpose behind Tahaara is spiritual cleanliness. This is clearly illustrated by the rules governing purification when there is no water. By entering into a state of Tahaara, one prepares oneself spiritually to worship Allah.

For the purpose of prayer (salah) there is a ritual of steps to follow to purify oneself for the salah. These actions are called ablution, in Arabic “**Wudhu**”. In order to emphasize the importance of wudhu, let me remind you of the importance of salah itself:

Prayer (salah) is the second pillar of Islam and no other worship can be compared to prayer. Our beloved prophet Muhammad (ﷺ) stated:

“Between a man and disbelief is (only) the abandonment of prayer”.

(Muslim and Ahmad)

The importance of prayer cannot be over emphasized. No other form of worship can be compared to prayer, for it is the basis of religion without which there is no religion. The earlier prophets and their followers practiced prayer in some form as an essential part of the religion of God.

A precondition for salah is wudhu. Salah is not valid without wudhu. So its importance speaks for itself…

Impurities, what are they?

In Arabic we refer to it as “Najasah”, meaning impurity or unclean. The Muslim must avoid impure or unclean substances and wash them off if they should contaminate his body, clothing or place of prayer. These impurities include:

1. Dead animals, which have not been Islamically slaughtered for consumption (except fish, locusts and insects without running blood).

2. Blood that has flowed from an animal or a human body (bleeding from a wound that cannot be prevented is overlooked during worship).

3. Pigs or any part of them.

4. Human vomit, urine and excrement.

5. Urine and stool of animals not permissible for consumption.

6. Animals that eat the feces of other animals.

7. The dog, except for its hair.

8. The white liquid discharged after urination (by some people).

9. Prostatic fluid resulting from sexual excitement – Seminal fluid is considered pure.

10. Scholars differ about the impurity of alcoholic drinks if one comes in contact with them. However there is no question that they are forbidden for consumption.

If the body or clothing has been contaminated by an impurity, it must be washed out with water. Any stain remaining after washing is excused. The ground is purified, by removing from it any solid impurities (or their decay). In the case of impure liquids, water must be poured over them, or they must be allowed to dry completely.

If one comes into contact with water or another substance and doubts its purity, one should assume that it is pure and not question it. If one discovers some impurity on ones clothes after praying and was unaware of or had forgotten about it, then ones prayer is valid and it need not be repeated.

There are different types of purification and they are (The actual steps as to how to perform these purification rituals are covered in later units.):

Wudhu (Ablution):

Due to divine wisdom, the parts of the body that are usually exposed must be cleaned in preparation for prayer. The face; the hands; the arms; the head; and the feet. The actions that necessitate wudhu are covered in lesson 4.

The conditions for wudhu are:

1. To be a Muslim.
2. To be sane.
3. To have reached age of discretion.
4. The water must be pure.
5. Cannot use stolen water.
6. Must remove anything that will prevent water from touching the skin (i.e. nail polish, paint). Bandages or casts due to illness are allowed to be wiped over.

Ghusl (Bath):

This also referred as a major ritual purification. As the word implies, it means bathing the whole body. Water must touch every part of the body. This type of purification is **obligatory** in the following cases:

1. Janabah or major impurity: The secretion of seminal discharge from man or women, or after sexual intercourse.
2. Upon acceptance of Islam.
3. At the end of a menstruation period.
4. At the end of a post-natal period.
5. Death. Once a Muslim dies his body must be washed.

This type of purification is **recommended** in the following cases:

1. Prior to Friday prayer (Jumuah).
2. Prior to entering the state of Ihraam.
3. After washing a dead body.
4. For Eid prayers.
5. Prior to entering Makkah.
6. After recovering from unconsciousness.

Tayammum:

Tayammum is one of the privileges with which Allah has distinguished the Muslim ummah. When water is not available or in times of sickness, then dust becomes an alternative. Tayammum, however does not apply to all the parts that are usually washed in wudhu, it apples to the face and hands only. This drives home the point that the purification for salah is more spiritual than physical. More about tayammum is covered in lesson 3.

Tayammum is **permissible**:

1. When there is no water.
2. When water is available, but in limited quantity, which is needed for drinking, cooking or removing defilement from the clothes.
3. When the use of water is harmful, i.e. if a person is sick and using water may be detrimental to his recovery.
4. When water is too cold.
5. When seeking water endangers ones own life or property.

The etiquette of using the bathroom (toilet):

If you are surprised that even this part of a Muslims life is discussed, then don't be, as a Muslims entire life can and should be a form of worship (Ibadah). We are rewarded for all actions if the intention is correct. There are certain etiquettes that a Muslim should follow in relation to using the bathroom. This lesson will merely mention the points. The details are covered in the Tahaara Level II units.

1. Do not take anything with Qur'aanic verses or the name of Allah written on it, into the bathroom.
2. Duah (supplication) upon entering the bathroom.
3. To enter with your left foot first.
4. Concealment.
5. Not facing the direction of prayer (Qiblah).
6. Not standing.
7. Avoid splatter.
8. Avoiding conversation.
9. Avoid using prohibited places to relieve onesself.
10. The cleaning method:- left hand, material; water; number of times.
11. Duah (supplication) upon leaving the bathroom.

12. To wash your hands.
13. To exit with the right foot first.

Written Exercises

Complete the following:

A. What is the Arabic word for Purification?

……

B. What does ‘’Wudhu’’ mean?

……

C. Can we perform prayer without wudhu?

……

D. List 4 impurities:

1) ……

2) ……

3) ……

4) ……

E. List the types of purification:

1) .....

2) .....

3) .....

F. List 3 instances when Tayammum is allowed:

1) .....

2) .....

3) .....

G. List 4 etiquettes of using the bathroom(toilet):

1) .....

2).....

3) .....

4) .....

New Words and Expressions

(ﷺ) It means - May Allah's peace and blessings be upon him.
This is always said or written after making reference to Prophet Muhammad. The Arabic transliteration: "Sallallahu alayhi wasallam". Some books write 'PBUH' which stands for, peace be upon him. Others use 'SAW', which is short for the Arabic transliteration.

(Muslim) The scholar that related the saying (hadith) of the Prophet (ﷺ). This is normally found at the end of a hadith. Other name mentioned in this lesson: Ahmad

Allah God.

Duah Supplication

Eid Celebration. Muslims have 2 Eids (After Ramadaan and during Hajj).

Ghusl Obligatory Bath (major purification).

Janabah When a person requires a bath after sexual discharge.

Jumuah Friday prayer (replaces Dhuhr salah if done in congregation).

Muhammad The last Prophet (ﷺ) sent by Allah.

Najasah Impurities.

Qiblah Direction of prayer for all Muslims (towards the Ka'bah in Makkah).

Salah Prayer.

Tahaara Purification.

Tayammum Method of purification without water.

Ummah Word used when referring to the Muslim nation.

Wudhu Ablution.

Lesson Notes
Written Exercises
Practical Exercise
New Words and Expressions

Lesson 2

How to perform Ablution (Wudhu)

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ The cleanliness obligations for a Muslim.
- ✓ When wudhu is required.
- ✓ The guidelines of ablution (wudhu).
- ✓ How to perform ablution.

Lesson layout:

Prerequisites:

- Tahaara Level I – Lesson 1

Associated Courses:

- Tahaara Level II
- Salah Levels I, II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

A Muslim's cleanliness obligations:

These requirements are normally referred to as: The NATURAL TRADITIONS or **SUNAN AL-FITRAH.**

There are certain practices that Allah chose for His prophets and that Muslims should follow as well. These are:

1. Circumcision for males.
2. Removing hair from the armpits and pubic area (plucking, shaving or cutting) at least once every 40 days.
3. Trimming the fingernails and moustache.
4. Growing a beard (men).
5. Taking care of the hair and keeping it neat - (Shaving the head is allowed for men but forbidden for women.)
6. Grey hairs should not be removed but either left as they are or dyed (not black).
7. Using pleasant scents - (Women are forbidden to wear perfume, in the street, in mosques or in the presence of non-mahram men.)
8. In relation to prayer the Muslim's: clothes must be clean; have a good body and mouth odour; should not eat articles such as garlic or raw onions prior to prayer; should use a siwak (tooth stick).

Wudhu is Mandatory for the following:

1. All types of Salah (prayer).
2. Tawaaf (circling the Ka'bah).
3. When touching the Qur'aan or when reading from it. (Wudhu is not required to read Qur'aan from memory).

Wudhu is recommended:

1. After having carried a dead body to burial.
2. Before sleeping.

3. After sexual relations, if one is not going to perform ghusl until later.

The required order for the steps of Wudhu:

The order and method of wudhu comes from none other than the Qur’aan itself.

“O you who believe! When you intend to offer As-Salât (the prayer),	﴿ يَا أَيُّهَا الَّذِينَ آمَنُواْ إِذَا قُمْتُمْ
wash your faces and your hands (forearms) up to the elbows,	إِلَى الصَّلاةِ فاغْسِلُواْ
rub (by passing wet hands over) your heads,	وُجُوهَكُمْ وَأَيْدِيَكُمْ
and (wash) your feet up to the ankles.	إِلَى الْمَرَافِقِ وَامْسَحُواْ
If you are in a state of Janâba (i.e. after a sexual discharge),	بِرُؤُوسِكُمْ وَأَرْجُلَكُمْ إِلَى
purify yourself (bathe your whole body).	الْكَعْبَينِ وَإِن كُنتُمْ
But if you are ill or on a journey,	جُنُباً فَاطَّهَّرُواْ
or any of you comes after answering the call of nature,	وَإِن كُنتُم مَّرْضَى
or you have been in contact with women (i.e. sexual intercourse),	أَوْ عَلَى سَفَرٍ أَوْ
and you find no water, then perform Tayammum	جَاءَ أَحَدٌ مِّنْكُم مِّنَ
with clean earth and rub	الْغَائِطِ أَوْ لاَمَسْتُمُ
	النِّسَآءَ فَلَمْ تَجِدُواْ
	مَآءً فَتَيَمَّمُواْ

{Surah Al-Maidah (5), ayah 6}

The guidelines for Wudhu:

1. The wudhu for men and women is the same.
2. The order of which parts to wash must be maintained.

3. The minimum number of times each part should be washed is once.

4. The maximum number of times each part should be washed is three.

5. Do not use excessive amounts of water or waste the water.

6. There should not be a long interval between washing the parts.

7. If you skip a part, you must go back to that part and continue on from there (again). If you remember after you have finished and have already dried yourself or after a large time lapse, then you must redo it from the start. If you are in doubt, then give yourself the benefit of the doubt, as Shaytaan (the devil) may cast doubt in your mind.

8. Do not dry any parts until you have fully completed the wudhu.

9. It is acceptable to ‘extend’ beyond the prescribed parts. As an example, you may wash higher than your elbows or ankles.

10. The water must be clean (as discussed in unit 1).

11. When necessary, it is permissible to speak while performing wudhu.

12. Wudhu is not valid if there is a waterproof substance on any of the areas to be washed (such as nail polish and some types of makeup). Men, who have a profession such as painters, should make sure that all paint is removed from their skin, prior to making wudhu. Also mechanics should remove all grease.

13. Anyone who is unable to control his urine or gas, a woman who bleeds at times other than her monthly period, and people with similar problems must clean the private area and then make wudhu for each prayer after the adhaan has been called. Anything that escapes after wudhu and during prayer is excused, but this allowance does not apply to people without such problems. (Discussed in more detail in the Tahaara Level II units.)

14. Rules on wiping over the socks or shoes, is covered in Level I, lesson 3 of Tahaara.

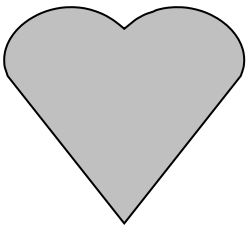
15. There are no supplications mentioned in the Sunnah to be said while washing each limb during wudhu.

16. What to read after completion of wudhu is covered in Level I of Tahaara, but the additional duah is covered in the ‘What to Read in Salah Level II’ lessons.

Step-by-Step how to perform Wudhu:

1

Niyah (Intention in the heart)



2

Start by saying:

بِسْمِ اللهِ الرَّحْمنِ الرَّحِيمْ

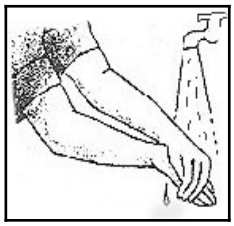
“Bismillaahir-raحmaanir-raحeem”

In the name of Allah, The Most Beneficent, The Most Merciful.

3

Wash your hands.

X 3



Up to the wrists and clean between the fingers also.

5

Rinse your mouth.

X 3

Gargle water to the back of your throat.

Clean the nostrils of your nose.

X 3

Use your right hand to sniff water up, and your left hand to

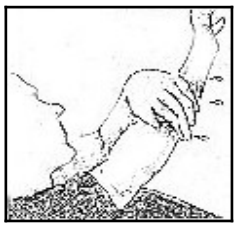
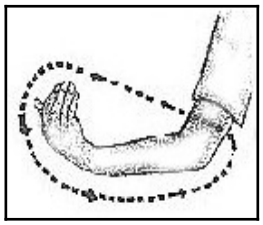
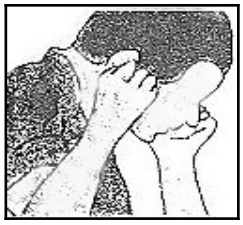
6

Wash your face, using both hands.

X 3

Wash Left Hand

Up to the elbow

7	Wash your right hand. X 3		Up to your elbow.
8	Wash your left hand. X 3		Up to your elbow.
9	Rub your head. X 1		Move your wet hands back over your head up to your neck and return it to
10	Wash your ears. X 1		With your index fingers in your ears, use your thumb to wipe the back of your ears.
11	Wash your right foot. X 3		Up to the ankles and also wash in between the toes.
12	Wash your left foot. X 3		Up to the ankles and also wash in between the toes.
13	Supplicate by repeating the testification of faith (Shahadah): **أَشْهَدُ أَنْ لاَ إِلَهَ إِلاَّ الله وَ أَشْهَدُ أَنَّ مُحَمَّداً عَبْدُهُ وَ رَسُولُهُ** **“Ash-hadu alaa ilaha ill-Allah, wa ash-hadu anna Muحَmmadan عَbduhu wa rasooluh”**		

Written Exercises

Complete the following:

A. List 6 cleanliness obligations for a Muslim:

1) .....

2) .....

3) .....

4) .....

5) .....

6) .....

B. List 3 instances when wudhu is a requirement:

1) .....

2).....

3).....

C. List 6 regulations with regards to wudhu:

1) .....

2) .....

3).....

4) .....

5) .....

6).....

Practical Exercise

Perform all the actions of wudhu in its proper sequence.

New Words and Expressions

(2:45) Means, the reference in the Qur'aan: Surah (chapter 2), ayah (verse) 45. The surah mentioned in this lesson is: al-Maidah.

(Use your Qur'aan, and find this reference listed in this lesson).

Adhaan The Muslim's call for prayer.

Ay'at Verses from the Qur'aan. **Ayah** (singular).

Ka'bah The cube structure inside the mosque in Makkah to which all Muslims face during prayer.

Mahram Apart from a women's husband, a male relative whom she cannot legally marry (at any time in her life), such as her brother, father, son, husband's father.

Miswak Tooth stick recommended to use as part of ablution or before praying.

Niyah Intention.

Qur'aan The holy book from Allah revealed to Muhammad (ﷺ), that all Muslims must follow.

Shahadah Testification of faith (when becoming a Muslim).

Shaytaan Arabic word for devil.

Sunan Al-Fitrah Natural traditions.

Sunnah Literally means: legal way or ways, orders, acts of worship and statements etc. of the Prophet Muhammad (ﷺ) that have become models to be followed by the Muslims. These include the sayings and actions of the Prophet Muhammad (ﷺ) as well as things that he approved as well as disapproved of.

Surah Chapter from the Qur'aan.

Tawaaf The circumambulation of the Ka'bah.

Lesson Notes
Written Exercises
Practical Exercise
New Words and Expressions

Lesson 3

Ablution Regulations

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ The obligatory actions for ablution.
- ✓ The Sunnah (recommended) actions for ablution.
- ✓ How to wipe over the socks during ablution.
- ✓ About Tayammum.

Lesson layout:

Prerequisites:

- Tahaara Level I – Lessons 1 and 2

Associated Courses:

- Salah Levels I, II and Advanced
- Tahaara Level II
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

The obligatory acts of wudhu:

The following acts are mandatory for the wudhu (ablution) to be valid. If any of them are not done, then the wudhu must be redone.

1. The intention (to do it in obedience to Allah or to please Him) - the intention is in the heart, not spoken out aloud.

2. Washing the face, at least once.

3. Washing the forearms, including the elbows, at least once.

4. Wiping over a portion of the head.

5. Washing the feet, including the ankles, at least once.

The Sunnah (recommended) acts of wudhu:

The Sunnah is what the Prophet (ﷺ) practiced and which Muslims are encouraged to follow. These acts are not mandatory for the completion of wudhu, but whoever does them gains additional reward. This does not mean that they should be left out.

1. Saying, "Bismillaahir-raḥmaanir-raḥeem" (In the Name of Allah, the Most Gracious, the Most Merciful) at the beginning.

2. Using a Miswak (tooth stick) or toothbrush before wudhu.

3. Beginning by washing the hands three times, then rinse out the mouth and nose three times.

4. Washing the face three times and (for men) rubbing water into the beard

5. Washing the forearms three times, beginning with the right side.

6. Wiping over the head, then the ears once.

7. Washing the feet, including the ankles and between the

toes, three times, beginning with the right.

8. Avoiding interruptions in the middle of wudhu.

9. Avoiding wasting water.

10. Praying two rak'at after wudhu.

About wiping over the socks during wudhu:

It is permissible for a resident to perform wudhu with his footwear on for one day and one night, and three days and three nights for a traveler.

The validity of wudhu performed with socks or boots on remains effective from the first time wiping over them took place.

Conditions of wiping over the socks or boots:

1. The boots or socks must cover up to (and including) the ankles. You cannot wipe over your shoes (if they do not cover your ankles), instead take off your shoes and wipe over your socks.

2. They must have been worn (put on) when a person had a valid wudhu. Meaning that if you were not in the state of wudhu when you put on your socks or boots, then you cannot wipe over them.

3. Wiping over the boots or socks is nullified once the validity period elapses.

4. Seminal discharge invalidates wiping over the boots or socks.

5. Removing the boots or socks after having wiped over them, invalidates the wudhu.

The procedure:

1. Wet your hands with water and wipe with it the upper part of the boot, or socks (from the toes upwards).

2. Once only.

3. Right foot first, using your right hand, followed by the left foot, using your left hand.

4. It is also permissible to wipe over the turban, and ladies head cover for a period similar to the period of wiping over the socks, with the same conditions.

5. It is also permissible to wipe over a cast on the arm or leg as long as the cast is on, regardless if it was put on before or after wudhu.

Tayammum:

“…and you find no water, then p
Tayammum with clean earth an
therewith your faces and hands
Allâh does not want to place yo
difficulty, but He wants to purify
and to complete His Favour to y
you may be thankful.”

فَلَمْ تَجِدُواْ مَآءً... فَتَيَمَّمُواْ صَعِيداً طَيِّباً فَامْسَحُواْ بِوُجُوهِكُمْ وَأَيْدِيكُمْ مِّنْهُ مَا يُرِيدُ اللَّهُ لِيَجْعَلَ عَلَيْكُم مِّنْ حَرَجٍ وَلَكِن يُرِيدُ

{Surah Al-Maidah (5), part of ayah 6}

Tayammum means using a clean substance from the earth (e.g., soil, sand, dust, etc.) for purification instead of water. It is allowed in the following conditions as a substitute for both wudhu and ghusl:

1. When there is no water available or an insufficient quantity for purification.

2. When water is available, but in limited quantity that is needed for drinking, cooking or removing defilement from the clothes.

3. When the use of water is harmful, i.e. if a person is sick and using water may be detrimental to his recovery.

4. When water is extremely cold and there is no way to heat it.

5. When seeking water endangers one's own life or property.

How to perform Tayammum:

1. Any substance that is of the earth (i.e., ground) is permissible, such as sand, soil, stones or dust that has settled on something.

2. Begin with the intention as in wudhu, saying:

"Bismillaahir-raḥmaanir-raḥeem" بِسْمِ اللهِ الرَّحْم

3. Strike the ground (or the substance being used) with the palms of your hands, and then blow of any excess dust. Wipe your face with your hands, once only. Then wipe with the palm of your left hand over the back of your right hand up to the wrist, and then the right palm over the left hand.

4. This method is the same for the purpose of wudhu as well as for ghusl.

Tayammum replaces wudhu or ghusl and enables a person to do any acts of worship that normally require wudhu or ghusl. It does not need to be renewed for every prayer as long as the previous Tayammum has not been invalidated. Also as long as the conditions for performing Tayammum still apply.

What invalidates Tayammum:

1. All of that which invalidates wudhu (covered in the next lesson).
2. The availability of sufficient water or the ability to use available water.

Other important points about Tayammum:

1. Tayammum cannot be done for the sake of convenience only.
2. If a person has already prayed with Tayammum and then water becomes available, his completed prayer is valid and need not be repeated.

3. If water becomes available during the prayer, the prayer becomes invalid, and one must make wudhu and begin the prayer again.
4. If a person has done Tayammum in place of ghusl, the completed prayers are valid and need not be repeated. However, one is obliged to take a bath as soon as water becomes available.
5. If for some reason one is unable to make either wudhu or Tayammum due to illness or surroundings, the prayer must not be neglected or postponed. Rather, one in this circumstance must pray in an impure state and need not repeat the prayer later. This definitely highlights how important the prayer is.

Written Exercises

Complete the following:

A. List the 5 obligatory acts of wudhu:

1) .....

2) .....

3) .....

4) .....

5) .....

B. List at least 5 Sunnah acts of wudhu:

1) .....

2).....

3).....

4) .....

5) .....

C. List 3 conditions that invalidate the wudhu after wiping over the socks:

1).....

2).....

3).....

D. What invalidates Tayammum?

1) .....

2) .....

3)
.....

Practical Exercises

Perform the following:

A. The method of wiping over the socks.

B. The method of performing Tayammum.

New Words and Expressions

Rak'at Units of prayer. (**Rakah** – Singular)

Lesson Notes
Written Exercises
New Words and Expressions

Lesson 4

Ablution Validity

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ The actions that invalidate the ablution.
- ✓ The actions that do not invalidate ablution.
- ✓ The special rules concerning women.

Lesson layout:

Prerequisites:

- Tahaara Level I – Lessons 1, 2 and 3

Associated Courses:

- Tahaara Level II
- Salah Levels I, II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

Actions which invalidates the wudhu:

There are certain actions that invalidate the wudhu. One is then considered in a state of **Minor** impurity. Meaning one has to perform wudhu again in preparation for prayer. These actions are:

1. Anything that comes out from your private parts, front or back. Such as urine, wind, feces or blood.
2. Deep sleep.
3. Losing consciousness or intoxication.
4. Insanity.
5. Apostasy.
6. Touching your private parts with the palm of your hand (skin on skin).
7. Eating Camel's meat.
8. Removing your socks, if you wiped over them.
9. If the time limit expires if you wiped over your socks.

The following does not only invalidate the wudhu, but it requires a ghusl (bath), and one is considered in state of **Major** impurity.

1. Menstruation (Ghusl is performed once the menstruation ends).
2. The discharge of seminal fluid as a result of sexual feeling whether the person was awake or asleep (wet dream).
3. Sexual intercourse. Once the private parts have come into contact, even without ejaculation.

4. Bleeding after childbirth (Ghusl is performed once the bleeding stops).

Actions which do NOT invalidate the wudhu:

There also many misconceptions on this subject. In Level II the details and evidences are discussed. There are many actions that do not invalidate wudhu. They are:

1. Touching a member of the opposite sex.
2. Looking at a member of the opposite sex.
3. Bleeding from a wound or your nose.
4. Vomiting.
5. Laughing.
6. Swearing (using bad words).
7. Doubt whether wudhu has been invalidated. If uncertain, assume that the wudhu is still valid.
8. If you are not sure if you passed a wind, then the rule is that you haven't, unless you hear or smell it.

Dry spots:

Wudhu should be done slowly and carefully to ensure that all of the parts to be washed are properly done. Remember that wudhu is a pre-condition for salah. Salah is not valid without wudhu hence this is a very important point.

There are numerous ahadith (covered in detail in the Tahaara Level II units) that relate that even if you leave the size of a fingernail dry (unwashed), then you must redo it.

Special care should be taken when washing the feet, as the most common place to be left unwashed is the small area behind the ankles. Pay special attention to this part.

If after you have completed wudhu and before you dry yourself or while you are drying yourself you find a dry spot on your feet, then you have to redo that part. If you find say part of your left arm dry, then you have to start again from that point onwards and redo the rest of the steps. At the same time, if you are in a very hot climate, part of your arms may be dry before you complete your wudhu, and this may confuse you. Hence the best is to do the wudhu slowly and carefully in the first place.

Special rules concerning women:

Menstruation (Haid) and Postnatal bleeding (Nifaas):

Menstruation, periodical (monthly) discharge of blood and mucosal tissue from the uterus lasting in most cases for six to eight days. While postnatal bleeding is the discharge of blood from a woman subsequent to childbirth. A woman during either period should refrain from observing prayer, perform tawaaf, Fast, or touch the Qur'aan. She does not have to make up any of the prayers she missed during this time, but must make up any missed Fast if it is in Ramadaan. She is also illegal to her husband for marital relations (sexual intercourse) during this time.

At the end of menstrual or postnatal bleeding a woman must perform ghusl (major purification). Normally all traces of blood (whether red, blackish, brown or yellow) must be completely gone before she can take her bath for purification.

There is no minimum time for bleeding after childbirth. Whenever all traces of blood cease, she must take a bath (ghusl). She is then considered purified in all respects and must re-establish prayers. However, the maximum time for refraining from the acts of worship listed above is 40 days. If after that she is still bleeding, then this is regarded as extended flow of blood. Sometimes women suffer from this even without childbirth. This is known as Istihadah.

The rules that apply to the circumstances after childbirth, also apply to the circumstances following a miscarriage. Blood following normal surgical procedures does not prevent prayer and fasting.

Other bleeding (Istihada):

Sometimes a woman has vaginal bleeding at times other than the usual monthly period or longer than the maximum 40 days after childbirth. If it is an extension of the normal period of bleeding, she should perform ghusl at the end of the specific time (her normal menstruation days). She is then considered to be in a pure state and must do everything required of her (i.e., prayer, fasting, etc.). If bleeding or spotting occurs between monthly periods, no bath is required. However, in all of these cases certain rules apply:

1. Renewal of wudhu is required for every prayer. After the adhaan is called she must clean her private parts and replace any sanitary items to prevent the flow or spotting of blood onto the clothing. Then she must make wudhu and pray. Any flow occurring after wudhu is excused.

2. In spite of continued bleeding, she may have sexual relations with her husband and perform all acts of worship as usual.

3. There is no need for a second bath whenever the flow finally ceases, although some scholars prefer it.

When must a prayer be made up:

If a woman gets her period or starts post-childbirth bleeding during the time of prayer and has not yet offered that prayer, then that prayer becomes a debt upon her. The prayer must be made up immediately after she stops bleeding and has performed ghusl. For example: if the time for Dhuhr salah has started and she has not offered the prayer before the onset of blood, she must pray that Dhuhr prayer before any other prayer once she is again purified (even though it may be days or weeks later).

This matter should not be treated lightly. A woman should make a special note if she has to make up any prayers.

Just to remind her that prayer is the first act that we will be called to account for:

Our beloved Prophet Muhammad (ﷺ) also told us:

"The first act that the slave will be accountable for on the Day of Judgment will be prayer. If it is good, then the rest of his acts will be good. And if it is bad, then the rest of his acts will be bad."

(Tabarani)

.

Written Exercises

Complete the following:

A. List at least 6 actions that invalidate the wudhu:

1) .....

2) .....

3) .....

4) .....

5) .....

6) .....

B. List 4 actions that do not invalidate the wudhu:

1) .....

2) .....

3).....

4).....

C. What is the rule if one finds a dry spot after performing wudhu?

.....

D. What are the 2 major rules with regards to menstruation and making up of prayers?

1) .....

2) .....

E. What is the maximum number of days a woman may refrain from prayer due to bleeding after childbirth?

.....

New Words and Expressions

(Tabarani)	The scholar that related the saying (hadith) of the Prophet (ﷺ). This is normally found after a hadith.
Ahadith	Plural for hadith. The statements of the Prophet (ﷺ); i.e. his sayings, deeds, and approvals, etc..
Dhuhr	The obligatory midday prayer.
Haid	Menstruation.
Istihada	Extended vaginal bleeding.
Nifaas	Post-natal bleeding.
Ramadaan	9th Month of the Islamic Calendar (Hijra), when all Muslims must Fast from sunrise to sunset.

Lesson Notes
Written Exercises
Practical Exercise
New Words and Expressions

Lesson 5

Major Purification (Ghusl)

Duration: 1 Hour

Objectives:

At the end of this unit the student should know:

- ✓ What is meant by major purification (Ghusl).
- ✓ What actions necessitate Ghusl.
- ✓ How to perform Ghusl.
- ✓ Other guidelines in relation to Ghusl.

Lesson layout:

Prerequisites:

- Tahaara Level I – Lessons 1, 2, 3 and 4

Associated Courses:

- Tahaara Level II
- Salah Levels I, II and Advanced
- What to Read in Salah Levels I, II and Advanced

Lesson Notes

Major Impurity (defilement):

Major impurity means that a Muslim is in a state that requires a ghusl (bath). The following actions place a Muslim in a state of major impurity (janaba) which makes a ghusl (bath) prior to performing prayer, tawaaf, or touching or reciting* the Qur'aan, **mandatory (Fardh)**:

1. Menstruation (Ghusl is performed once the menstruation ends).
2. The discharge of seminal fluid as a result of sexual feeling whether the person was awake or asleep (wet dream).
3. Sexual intercourse. Once the private parts have come into contact, even without ejaculation.
4. Bleeding after childbirth (Ghusl is performed once the bleeding stops).

* Even reciting from memory is not allowed while in the state of janaba.

A ghusl is also required in the following instances:

1. When a non-Muslim embraces Islam.
2. In the event of death, a Muslims body must be washed before it is prepared for burial.

A bath (ghusl) is preferred (Sunnah):

1. Before attending Friday prayers (Jumuah).
2. Before attending the two Eid prayers.
3. Before adopting Ihraam for Umrah or Hajj.
4. Before entering Makkah.

5. After having washed a dead body.

6. After recovering from unconsciousness.

Ghusl (bath):

The minimum requirements to make ghusl valid are:

1. The intention to perform ghusl.
2. Water must reach all parts of the body, including the scalp*

Simply stated, once the intention is made, one can merely have a shower and ensure that all parts of the body are washed. One can even jump into the sea with the intention, and this will suffice. On the other hand, if one performs ghusl or has a shower and had forgotten to make the intention, then it has to be redone. The intention CANNOT be made afterwards. However, if one wishes to obtain the highest reward for this act of worship then as with everything else one should follow the Qur'aan and sunnah.

How to perform Ghusl:

1. Start by saying "Bismillah" (In the name of Allah).

2. Wash your hands.

3. Wash your private parts with your left hand (if Ghusl for janaba).

4. Perform the following actions of wudhu as you would normally do:

    - Wash your hands three times (yes, again even though you did it in step 1).
    - Rinse your mouth three times
    - Cleanse your nostrils three times
    - Wash your face three times
    - Wash your arms up to the elbows three times

5. One has a choice to wash his feet at this step or at the end.

6. Pour water over your head three times, rubbing it into the roots of the hair and also washing the inner part of the ears.

7. Pour water of the rest of your body starting with right side (upper part followed by the lower part), and doing the same on the left side. Soap or other cleansing agents may be used.

(Do not touch your private parts with the palm of your hand). Make sure that water reached all the recessed parts such as the navel, armpits, and the knees.

8. Wash your feet (if it was not done at step 5).

Important Guidelines about Ghusl:

1. *After menstruation a women must untie any braided hair. Ghusl due to sexual defilement, a woman need not untie braided hair.

2. After ghusl, an 'additional' wudhu in preparation for prayer or other acts of ibadah is not required, as the wudhu is encompassed inside the ghusl, as we can see from the aforementioned steps. However care should be taken while washing the rest of the body (steps 4-6), that one does not touch ones private parts with the palm of your hand (which will break your wudhu), as this would constitute that another wudhu be performed after the ghusl.

3. Even if you did not follow the aforementioned steps, another wudhu is not necessary after a ghusl. The key is that the niyah MUST be correct.

4. A higher level niyah and ritual includes a lower level one. For example if your niyah is for ghusl janaba then wudhu is included. The levels are:

   Fardh Ghusl (janaba, after menstruation etc.); Sunnah Ghusl (For Friday prayer; after washing the dead, etc.); then wudhu

5. One bath may be taken for two reasons, such as sexual impurity and Friday prayer, or Friday prayer and Umrah, if they occur at the same time, and as long as the intention is made for the 'higher' one (or both). An important point here is that if ones intention for ghusl is for Friday prayer only (and forgets that he/she also needs a ghusl for sexual impurity), then it has to be redone.

6. All actions that invalidate a normal wudhu, invalidates ‘wudhu within ghusl’ as well.

7. One who is in a state of sexual impurity (junub) is not allowed to pray, make tawaaf, touch the Qur’aan or recite it (even from memory) until he or she has performed ghusl. One in this state may not sit in a mosque but may pass through it. Women in their menstruation also may not sit in a mosque,

but may pass through it or fetch something from inside the mosque.

8. During her monthly period a woman may recite verses of the Qur’aan for the purpose of learning, teaching or remembrance.

9. A person may enter a public bath (or swimming area) as long as one neither exposes the private area (from the naval to the knees, inclusive as a minimum) nor looks at the private areas of others. Men must not see these parts (aurah) of other men, and women of other women. Needless to say that Muslim men and women should not be at mixed swimming pools.

Written Exercises

Complete the following:

A. What is meant by major purification (Ghusl)?

.....

B. What actions necessitate ghusl?

.....

.....

C. List the steps of performing ghusl:

.....

.....

.....

.....

.....

.....

Practical Exercise

Perform (practice) the actual steps of Ghusl.

New Words and Expressions

Aurah The parts of the body that must be covered at all times while in public.

Hajj The 5th pillar of Islam.

Ibadah The word used for all acts of worship.

Ihraam The clothing (state) one adopts before performing Umrah or Hajj.

Makkah The holiest city of the Muslims, where the Ka'bah is located.

Umrah Adopting Ihraam, going to Makkah, circumambulating the Ka'bah 7 times, perform Sa'ee and cutting your hair.

ISLAMIC STUDIES CURRICULUM

Level I

Tahaara (Purification)

Written Questions

Practical

New Words and Expressions

Lesson 6

Test

Duration: 2 Hours

Objectives:

At the end of this unit the student should know:

- ✓ Whether he or she is ready to advance to Level II.

Test layout:

Prerequisites:

- Tahaara Level I – Lessons 1, 2, 3, 4, and 5

Associated Courses:

- Tahaara Level II
- Salah Levels I, II and Advanced
- What to Read in Salah Levels I, II and Advanced

Student Details

Name: ……

Date of test: ……

Lecturer conducting test: ……

Prerequisites met? ☐ s ☐ o

Number of lessons attended: ……

Number of lessons not attended: ……

Number of lessons repeated: ……

Results:

Practical:

……

Written: ……

New words: ……

Total:

……

Lecturer recommendations:

☐ **Advance to Level II**

☐ **Redo certain lessons (list units):**

……

☐ **Redo test**

Sign:

Student: …… **Lecturer:** ……

Written Test

Q1. What is the Arabic word for Purification?

……

Q2. What does ‘’Wudhu’’ mean?

……

Q3. Can we perform prayer without wudhu?

……

Q4. List 2 impurities:

1) ……

2) ……

Q5. List 3 instances when wudhu is a requirement:

1) ……

2) ……

3) .....

Q6. List 2 conditions that invalidate the wudhu after wiping over the socks

1) .....

2) .....

Q7. List at least 4 actions that invalidate the wudhu:

1) .....

2) .....

3) .....

4).....

Q8. What is meant by major purification (Ghusl)?

.....

Practical

Perform the actions for the following:

A. The method of wiping over the socks.

B. The complete Wudhu.

C. The complete Ghusl

New Words and Expressions

Match the words below with the descriptions, by placing the appropriate number in the box:

1. Purification.

2. Ablution.

3. Impurities.

4. Obligatory Bath.

5. When a person requires a bath after sexual discharge.

6. Prayer.

7. Obligatory.

8. Wudhu without water.

9. An act of worship.

10. Extended vaginal bleeding.

11. Tooth stick.

12. Menstruation.

13. Post-natal bleeding.

Salah		**Najasah**		**Ghusl**		**Janaba**	
Tahaara		**Wudhu**		**Ibadah**		**Istihada**	
Fardh		**Miswak**		**Nifaas**		**Haid**	
Tayammum							